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Housekeepers' Chat

Release Monday, October 1, 1928.

(NOT FOR PUBLICATION)

Subject: "Adventures in Meal Planning." Program includes menu, and recipes for Savory Brown Gravy and Grape Conserve, from Bureau of Home Economics.

Bulletins available: Aunt Sammy's Radio Record, Aunt Sammy's Radio Recipes, and Lamb As You Like It.

ANNOUNCEMENT: This is a very special morning; not only because it begins October -- the nicest month of the year, to my way of thinking-- but because it also brings us the first "Housekeepers' Chat" of the new season, from the United States Department of Agriculture. "Aunt Sammy" is with us again, and will be from now on, at this time each morning--except Saturday and Sunday. Today she starts anew her daily visits with her friends.

--ooOoo--

Good morning! It seems quite like old times, to be planning "Housekeepers' Chats" again, and suggesting good things for you to cook.

I hope that most of you have copies of the new Radio Record. If not, please send for it right away. The Radio Record (the complete title is "Aunt Sammy's Radio Record") is a 48-page book, containing directions for planning well-balanced meals, and for setting the table. It also contains space for taking down the new menus, and new recipes, to be broadcast this season.

As you will notice, the new Radio Record looks just like the Radio Cookbook; same size, same pretty green cover. It is punched in one corner, so can tie a string to it, and hang the book beside the radio. I have tied a pencil to my Radio Record, and I have warned every member of the family, from Uncle Ebenezer down to Billy, that the pencil is not to be borrowed, under any circumstances. But you know how families are.

It seems to me that our Radio Records will be very valuable books, if we write down all the menus and recipes broadcast this year. Every menu will be carefully planned, and every recipe carefully tested, by specialists in the Bureau of Home Economics, U. S. Department of Agriculture.

Of course I do not expect anybody to use all the menus, exactly as they are broadcast. That would be no fun at all. There's no thrill in using somebody else's suggestions, day in and day out. But I'm sure that all of us will get new ideas about what to cook; easier and more healthful methods of cooking meat, vegetables, and so on; and more appetizing ways

of serving the foods which appear regularly on our tables. The women who plan the meals and develop and test the recipes are practical people; they will not suggest that you serve strawberries in December, or Angel Food Cake when eggs are 70 cents a dozen.

My ~~Next~~-Door Neighbor, who listens faithfully to all my talks, says she likes the menus and recipes because they are so practical. When she goes adventuring in her kitchen, she wants good reliable recipes to follow. My Neighbor has good success with the radio recipes, and I think it is because she follows them accurately. That reminds me of the story about the young bride who baked a cake for her husband. "My dear," said the young bride to her husband, "I baked a Sponge Cake, as a surprise for you, but I confess it was a failure."

"What was the matter?" asked her husband.

"I don't know for sure," said the bride, "but I think the store sent me the wrong kind of sponges."

One word more, about the Radio Records. If you do not have yours, please send for it immediately. A letter or postcard to this station, or direct to the Radio Service, U. S. Department of Agriculture, Washington, D. C., will bring it to you. If you do not have a copy of the Radio Cookbook, containing 300 recipes, send for that, too. Both these books are free, and you will need them, in order to get full value from the "Housekeepers' Chats."

The Menu Specialist, who plans all the good meals broadcast in the "Housekeepers' Chats," has not yet returned from her vacation in New Hampshire. She writes me that the work-a-day world seems very, very far away, "much farther, and fully as misty, as the top of Mount Monadnock, with thick wooly clouds over his silver dome, and far down his lovely greentree-clad sides." It did seem a shame to call the Menu Specialist away from her beautiful mountain, to plan meals for us, but it had to be done.

Now take your Radio Records, please, and turn to the page which says "Menus for October." You will note that there are four lines, for each menu. Today's dinner includes six dishes, so you'll have to make two columns of the menu. Everybody ready? Then let's write our first October menu: (Read slowly) Roast Leg of Lamb; Brown Gravy; Browned Potatoes; Spinach; Sliced Peaches; and Plain Cake.

It's good economy to buy a Leg of Lamb for roasting, because it will probably furnish enough meat for two meals -- maybe even for three. Roast Lamb is one of the best meats for slicing cold, and every left-over can be used in some way. Instead of broadcasting directions for roasting a Leg of Lamb, I'm going to send all of you who ask for it a copy of the new leaflet, called "Lamb As You Like It." Besides giving the best ways to cook lamb, this leaflet suggests the best vegetables, relishes, and salads, to serve with this meat.

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The next dish on the menu is Brown Gravy. Let's write the recipe in our Radio Records. Turn to the page which says "Aunt Sammy's Radio Recipes." Write the name of the recipe, "Savory Brown Gravy," at the top of the page. Don't pay any attention, today, to the words "Ingredients." Use all the space, for writing the recipe. I know it will go in the space, for I wrote it there myself, less than an hour ago. In order to save space, and time, I'm going to ask you to always use a big T for tablespoon, and a small t for teaspoon.

All ready now, to write our first recipe, for Savory Brown Gravy: (Read slowly) Pour the excess fat from the pan drippings. Mix 2 to 3 tablespoons-- Whoa there! Somebody's writing out that long word tablespoon. Now we'll have to begin all over again, for we must have our first recipe just exactly right: (Read slowly) Pour the excess fat from the pan drippings. Mix 2 to 3 tablespoons flour, with the drippings left in the pan. Let brown. Gradually stir in 1 1/2 to 2 cups cold water. Cook until smooth. Add salt and pepper, and 2 tablespoons chopped parsley or celery leaves, which have been fried to a crisp, in a small quantity of butter.

That concludes the recipe, for Savory Brown Gravy. I'll read it once more, a little faster this time: (Repeat recipe for Savory Brown Gravy).

Our vegetables today are browned Potatoes, and Spinach. If you're tired of spinach served in the usual manner, you might pass pieces of lemon, and a crust of olive oil with it this time. By the way, does everybody know how to wash spinach? Some housewives use two pans, lifting the spinach from one to the other, and not pouring the water off. In this way, the sand is left in the bottom of the pan. Another method is to put the spinach in a colander, and hold it under the running water in the sink. When the spinach is washed, remove the stems, if they are very thick, and likely to be tough. Enough water to start the cooking will cling to the leaves. Cover the spinach closely, at the beginning, so it will steam. Then remove the cover, and don't cook the spinach too long, or the bright color will be lost. Ten or 15 minutes should be long enough. As soon as the spinach is tender, drain it, chop it, and season with salt, and melted butter or thick cream. Pile the spinach lightly in the dish, and serve it hot.

Now we'd better repeat the menu: Roast Leg of Lamb; Brown Gravy; Browned Potatoes, Spinach; Sliced Peaches and Plain Cake.

Do you know -- I believe a little Grape Conserve would be all right with this meal. Just a little -- the amount you have left over, when you have filled the jelly glasses. I'm going to give you the recipe for Grape Conserve in just a minute. It's in the Radio Cookbook, so if you have a cookbook, you need not write the directions. The Recipe Lady made some of this Grape Conserve just before she left on her vacation. She's down in Tennessee this month, getting acquainted with her new twin grandchildren. I hope she won't get so interested in the twins that she forgets to come back, and give us lots more tempting recipes.

Pencils ready now, for the Grape Conserve. Five ingredients: (Read slowly)

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| 3 pounds Concord grapes | 1 cup seeded raisins, and |
| 2 pounds sugar | 1 orange cut fine |
| 1 cup nut meats (English walnuts or pecans, chopped) | |

Let's repeat the five ingredients, for Grape Conserve: (Repeat)

Skin the grapes, stew them, runn them through a sieve, and add this pulp to the skins. Then add the other ingredients, and cook till the mixture is thick. Pour into hot, clean, jelly glasses. When cold, cover with melted paraffin, and store in a cool place.

Once more, directions for Grape Conserve: (Repeat directions)

Perhaps I had better remind you that Grape Conserve is likely to stick to the kettle unless it's watched closely. An asbestos mat, placed under the kettle, will prevent sticking.

Tomorrow we shall discuss up-to-date kitchens, and I'll give you another recipe for your Radio Records.

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